

# MASTER TIMES



Nov/Dec 2009

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## PRESIDENT'S CORNER

By Dan Shaw

### ANNUAL MEETING

Please join us for the Colorado Masters Running and Racewalking Association annual meeting on the evening of Thursday, January 21<sup>st</sup>. Again this year the meeting will be held at Christie's of Genesee. There is cash bar open at 6:30 p.m., and dinner is served at 7:00 p.m. Following the meeting there will be CMRA board meeting. All members are welcome to attend. The menu is the Western Grill featuring barbeque chicken and country-style ribs. The price of dinner is \$20 per person.

To get there, take I-70 west from Denver to the Genesee exit (after the Morrison exit and just before Evergreen). Christie's is just south of the interchange and west of (across the road from) the Chart House. For more information about the restaurant, please visit their website ([www.christiesofgenesee.com](http://www.christiesofgenesee.com)).

### VOLUNTEERS NEEDED

The club is seeking a race director for the new Bluff Run in April. If you are interested in serving as a new race director, please contact me ([dshaw\\_64@yahoo.com](mailto:dshaw_64@yahoo.com); 720-480-2370) or any board member.

If you are interested in directing a race but not yet ready to jump in with both feet, please consider volunteering as a co-director. Several experienced race directors are looking for assistance, including Bruce Kirschner with October's Coal Creek Cross Country Challenge. For more information, please contact Bruce ([bhkirsch@comcast.net](mailto:bhkirsch@comcast.net); 303-666-0864), me, or any board member.

### 2010 CMRA RACE CALENDAR

The race calendar for 2010 has been prepared. The website ([www.comastersrun.org/Run\\_Schedule\\_2010.html](http://www.comastersrun.org/Run_Schedule_2010.html)) has the schedule to view. New for 2010 is the Bluffs Run in April, at Bluffs Regional Park in Lonetree (near I-25 and C470). The course is a short one lap around the peat gravel trail that circles the park.

In addition, the Sand Creek 5 Miler has moved to June, when the weather is warmer and the Sand Creek Greenway is alive with mallards, herons and egrets. The Stone House (2X) Triple Cross Trail Race is back again in September. For November, Scott McFarlane is working to create another masterpiece for us. More information will be posted on the website as it becomes available.

## LORE OF RUNNING

Many years ago South African ultramarathon runner and medical doctor Tim Noakes compiled a gigantic tome entitled the *Lore of Running*. First published in 1985, this 900 page volume is in at least its fourth edition. This is the edition I borrowed and have been reading for the past several weeks.

If you have ever wondered where to find practical, readable information about how the human animal runs (pun intended), this scientific analysis can serve as a wonderful resource. Perhaps the most valuable aspect of the book is its open-minded approach. Noakes doesn't try to prove points or validate personal theories. His even-handed presentation lays out the available scientific evidence regarding the questions runners have, such as: Why are some runners faster than others? What makes the Kenyans so successful? How can I improve? How much can I improve?

As we learn through experience, there aren't definitive answers to any of these questions, and Noakes doesn't claim to give any. However, he does clearly present the medical evidence and explain the science behind the studies in plain English, defining both sides of arguments and allowing the reader to interpret. If you haven't read this book, or read it so long ago you have forgotten its value, I recommend spending a little time in its pages. And because of the well defined table of contents, the book can be consumed in bite-size pieces vs. digesting in one big orgy.

One thing the book clarifies is the impact of the mind on performance. To paraphrase Yogi Berra, sport is "90% mental; the other half is physical," and this applies to running as much as anything. Noakes exposes how the mind has a great deal of influence on what we perceive to be our capabilities and therefore on what we allow ourselves to achieve.

Remember that your perception of your body and its capabilities is built in your mind. For instance, your legs never really report they are at their limit. As revealed by multiple studies, muscle glycogen (i.e., your body's fuel) in a runner's legs is never depleted even for marathoners. What you perceive as running out of fuel is the depletion your mind senses of blood glycogen, not the reserves of muscle glycogen in your leg muscles. All the same, you slow down because your mind decides you are running low on fuel, regardless of the physical ability of your legs. Our perceived limitations become the reality of our performance, regardless of what our physical abilities may be.

Conversely, by changing your perception, you may be able to improve your performance. In this case, by ingesting Gatorade to keep blood glycogen levels elevated, you may be able to think you have plenty of fuel and therefore be able to sustain a better pace. Think about that the next time you feel gassed running intervals or when someone overtakes you in a race. Is your self-talk positive or negative? What can you do to control it?

Once you are over the hill, you pick up speed

## WINDED IN THE WILLOWS

My most esteemed race co-director Rob Fisher came up with this title for December's Masters race, which really captures the essence of the course. This year once again, the race known as the Aurora Sports Park XC will serve as the Road Runners Club of America's Colorado State Cross Country Championship race. The 12 kilometer (7.45 miles) course presents several challenges, including prairie meadows, green grass lawns cut long for winter, sandy creek bottoms, and course's most popular feature, the willows, modified this year to include additional sections of willow. In addition, by - let's call it - public outcry, the big pool of icy water (featured on the posters for this year's race, by the way) has been avoided. The creek crossings may have a little trickle of water or a little mud (or more probably frozen mud) but won't require wading.

Please note the start time for the race on Saturday, December 12<sup>th</sup> has been pushed back to 10:00 a.m. (9:45 a.m. for walkers) to give the sun more time to knock the frost off the course. A map and directions are available at the CMRA website ([http://www.comastersrun.org/Race\\_Info/2009/Aurora\\_Sports.html](http://www.comastersrun.org/Race_Info/2009/Aurora_Sports.html)). For more information or to volunteer, please contact Dan Shaw ([dshaw\\_64@yahoo.com](mailto:dshaw_64@yahoo.com); 702-480-2370) or Rob Fisher (720-333-0624).

## Race Results

# Stone House (2x) TripleCross

by Dave Black  
September 27, 2009

The CMRA September race, the Stone House Bear Creek (2x) Triple Cross was held last Sunday the 27th on a perfect, beautiful morning. This course has it all - you start on a wide bridle path then veer left to windy rooted single track for a ways, then a bit of busy concrete bike path, more single track - and then you splash across Bear Creek 3 times and run above the golf course, dropping to the water stop. Then comes the 3.6 mile loop around the Bear Creek Lake dam, first uphill on single track, then over the dam and down on the continuing trail; then on asphalt by the lake at the base of the dam, then up dirt to the top of the amazingly misnamed "Mt Carbon" (it's not a mountain and it's not coal). Then a fine trail back to the water stop, and a retracing of the route back home.

Everyone had a great time, and to those who weren't there, as they say in the slogan for Cacique Foods - "Le falta, le faltaba!!!" (You miss it-you missed it!)

Thanks to the many volunteers without whom the race couldn't take place -

Kim Massey - volunteer coordinator

Rosalia Murch- registration

Adam Feerst - leading and sweeping

Cliff Jurgens, Stan Haskins, Ryan Kircher, Pat Crespi, Dani Phillips, Gary Black - course marshals

Jeremiah Tanner, Joe Black - water stop  
 Rob Fisher, Joe Baird - finish line timing  
 Tom Chambers, Scott McFarlane - getting the awards and prizes  
 Joe Sanchez - hauling the equipment  
 Race Results:

PLACE	NAME	TIME	AGE
1	Oscar Ponce	57:19	32
2	Andrew Adamowski	58:38	33
3	Keith Johnson	01:01:02	48
4	Jeremy O'Farrell	01:01:24	33
5	Ondrej Hejduk	01:01:25	35
6	Rich Hadley	01:04:42	53
7	Kevin Krajenski	01:05:23	37
8	<i>Christine Adamowski</i>	01:06:05	42
9	Dan Shaw	01:07:49	50
10	Robert Kanieski	01:09:06	32
11	<i>Carrie Zografoe</i>	01:10:57	29
12	Eric Brandt	01:12:37	37
13	Brett Allendorf	01:12:59	40
14	David Kelble	01:13:21	51
15	Glenn Bakken	01:13:30	58
16	Chris Stone	01:14:58	42
17	<i>Jika O'Farrell</i>	01:15:23	31

18	<i>Jessica Olin</i>	01:15:23	25
19	Joe Benvegnu	01:15:45	43
20	Adam Lee	01:19:24	37
21	<i>Jane Harbert</i>	01:20:20	48
22	Joe Sanchez	01:21:31	72
23	Tall Red (Ed Youngberg)	01:21:39	66
24	Bill Faulkner	01:21:44	68
25	Rich Martinez	01:22:11	62
26	Strider (Tom Chambers)	01:22:17	66
27	<i>Kathy Johnson</i>	01:25:46	48
28	<i>Michelle Driscoll</i>	01:27:47	30
29	Richard Romero	01:35:05	73
30	<i>Patricia Tolleson</i>	01:39:39	60
31	Stone Wall (Kenneth Green)	01:53:12	80
<b>Racewalkers (5K)</b>			
1	<i>Lu Shaw</i>	1:02:14	51

Age group results can be found on the web site

Once you are over the hill, you pick up speed

# Coal Creek Cross Country Challenge 5.72M

## October 11, 2009 Race Results

COAL CREEK XC CHALLENGE			
PLACE	NAME	TIME	AGE
1	Tommy Manning	31:55	33
2	Peter Remien	32:16	29
3	Nicholas Cady	32:38	31
4	Rob Mandje	32:55	27
5	James Johnson	33:05	41
6	Justin Mock	33:07	27
7	Andrew McCartin	33:10	22
8	Ryan Ignatz	33:37	31
9	Will Kelsay	33:44	28
10	Patrick Cole	34:06	29
11	Keith Johnson	34:39	48
12	Kyle Kattle	35:10	24
13	Steve Gallegos	35:23	54
14	Erik Frank	35:26	34
15	Nathan Low	35:29	23
16	Clint Boston	35:52	41
17	<i>Melody Fairchild</i>	35:53	36
18	Nick Betts	36:24	29
19	Steven Kohuth	36:48	44
20	Kyle Hubbard	37:00	53
21	David Wheeler	37:09	53
22	<i>Lori Walker</i>	37:13	27
23	Simon Martin	37:43	57
24	<i>Maia Bogert</i>	37:48	29
25	Andrew	38:10	30

	Rumph		
26	<i>Jennifer Cubilla</i>	38:21	40
27	<i>Lesia Atkinson</i>	38:28	43
28	<i>Teri Cady</i>	38:49	33
29	Tim Perley	38:50	50
30	Jeremy O'Farrell	38:55	33
31	<i>Lisa Goldsmith</i>	39:03	45
32	Dave Dooley	39:07	62
33	Ondrej Hejduk	39:08	35
34	Aaron Grider	39:41	32
35	<i>Tressa Breindel</i>	39:49	31
36	Devin Croft	40:09	56
37	Steven Dunbar	40:17	39
38	Matthew Gibble	40:21	44
39	<i>Carina Wasle</i>	40:32	24
40	Jim Van Elan	40:36	40
41	Christopher Lee	40:41	39
42	Steven Spoutz	40:53	27
43	Mike Hampton	40:54	36
44	David Blankenship	41:17	36
45	Rick Denning	41:24	48
46	Brian Flickinger	41:27	27
47	<i>Stella</i>	42:29	42

	<i>Heffron</i>		
48	Joe Kosenski	41:33	47
49	Dan Shaw	42:33	50
50	Randall Rockenbach	42:53	48
51	Bob Kessler	43:02	53
52	Peter Keilman	43:03	36
53	<i>Sara Pickering</i>	43:14	42
54	Jeff Angus	43:19	44
55	Rich Holston	43:22	57
56	Bob Irving	43:39	55
57	Steve Joyce	43:49	60
58	Dennis Cisco	43:55	43
59	<i>Michelle Flickinger</i>	43:57	27
60	Stephen Bay	43:59	43
61	<i>Katelyn Wojan</i>	44:27	17
62	Jeffrey Dumas	44:36	64
63	Benjamin Nell	45:07	52
64	Bruce Dahm	45:18	40
65	Chris Stone	45:40	42
66	<i>Jitka O'Farrell</i>	45:49	31
67	<i>Jackie Carioscia</i>	46:07	29
68	Tyler Brost	46:08	17
69	Jonathan Cawley	46:14	52
70	Mark Koppa	46:38	35
71	Jesse Tijerina	46:41	57
72	<i>Pat Parkhill</i>	46:59	49

73	Joe Benvegnu	47:01	43
74	Timothy Redmond	47:22	30
75	<i>Stephanie Basile</i>	47:48	30
76	Blaze Cook	47:52	34
77	<i>Kathy Johnson</i>	48:02	48
78	<i>Jane Harbert</i>	48:13	48
79	Mark Sanchez	48:15	33
80	Scott McFarlane	48:57	58
81	Kent Enwright	49:07	46
82	Jim Romero	49:15	69
83	Tom Chambers	50:00	66
84	<i>Kristina Schneider</i>	50:20	41
85	Paul Speck	50:30	56
86	<i>Stephanie Wiecks</i>	50:34	63
87	Gale Meuret	50:38	62
88	Curt Elmore	50:40	50
89	<i>Liz Negrey</i>	50:52	43
90	Joe Sanchez	50:56	72

91	John Perez	51:12	58
92	<i>Ellen Rickert</i>	51:52	59
93	Bruce Miller	51:56	28
94	Benjamin Nutt	52:19	19
95	David Wise	52:20	66
96	<i>Ping Dou</i>	52:23	56
97	<i>Aarika Capra</i>	53:02	31
98	<i>Shelby Katz</i>	53:30	38
99	Reid Wiecks	53:33	63
100	<i>Natalia Ptas</i>	54:15	29
101	Bill Faulkner	54:36	68
102	James Foley	55:18	24
103	<i>Tara O'Connor</i>	55:20	48
104	<i>Marijane Martinez</i>	55:34	58
105	<i>Trina Cisco</i>	56:08	38
106	<i>Julia Ortiz</i>	56:40	27
107	<i>Joanne Harms</i>	57:30	57
108	<i>Carly Biehn</i>	57:31	28
109	<i>Helen Pierson</i>	58:51	49
110	<i>Patricia Tolleson</i>	59:27	60

111	<i>Judy Smythe</i>	1:00:57	72
112	Clifford Owens	1:00:58	66
113	<i>Aubrey Miller</i>	1:01:18	26
114	<i>Fanty Owens</i>	1:02:03	59
115	<i>Misti Gossett-Thrower</i>	1:02:19	37
116	Rod Smythe	1:02:24	79
117	<i>Lori Temanson</i>	1:03:21	54
118	<i>Michelle Cook</i>	1:03:22	34
119	<i>Jennifer Kincaid</i>	1:03:37	41
120	Joe Huggins	1:03:39	50
121	<i>Chris Vanoni</i>	1:11:19	58
122	Dave Black	1:13:25	58
<b>Racewalkers</b>			
1	Ian Monk	1:17:50	

Age Group Results can be found on the Web Site

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# Cherry Creek Lake Park 7.6 miler

by Kim Massey

Runners enjoyed another great Scott McFarlane Course on Saturday, November 14 at Cherry Creek State Park. The morning started out with a light covering of snow and cold temperatures as the runners took to the trail. The gravel trail meandered into the park around a pond toward the shooting range. Runners then ran onto a single track that looped through a meadow with willows whipping their legs and mud splattering their backs. The terrain was challenging for the loop with the freshly fallen snow melting into slippery mud. Two runners succumbed to the mud with falls, but were able to finish the race.

Despite the adverse conditions fifty eight runners and two walkers completed the race. Omar Martinez was the first finisher at 47:31, two minutes ahead of the rest of the pack. Laura Mortimer was the overall female winner, finishing eleventh with a time of 56:04. Second and third finishers were Martin Wesolowski and Michael Quispe, finishing 49:35 and 49:54. Michael was also the first male finisher in the 40 - 44 age group, with Keith Johnson finishing fourth, the first male in the 45 - 49 group. Ondrej Hejduk took the 35-39 male category and Dan Shaw finished first in the 50 - 54 group at 57:04. Martha Hosotani was the second female finisher, just over an hour at 60:29. Monica Ryan was close behind as the third woman taking first in the 45 - 49 age group at 60:46.

Lou Huie was the first male in the 60-64 age group at 61:48, and Heather Biglow took her age group at 35. David Hill captured the 55-59 male category and Michelle Slingsby the female 40-44 group. The B-Man ( Jim Romero) took the 65 - 69 male group and Kool Shades (Ken Randall) the 70-74 male first place medal. Claradene Stewart finished first in the 60 - 64 female group and Stonewall (Kenneth Green) ran a very respectable 90:20 at age 80!

Special kudos to Sam Martinez, who ran for two and finished 36 minutes behind her husband Omar. The two walkers, Ian Monk and Nanette Benvegnue, completed a 5k version of the course.

Thanks to the many volunteers that made this race happen: Joe Sanchez for bringing the equipment and manning a water table, Connie Ahrnsbrak for registration and finish line work, Rosalia Murch for registration, and course marshals Bruce Kirschner and Bob Bussey. Stan Haskins helped as road monitor, Tom Alison did the timing, Tom Chambers organized the medals and Ian Monk and Nannett Benvegnue assisted at the finish line. Also, a Dedicated Effort Award goes to Scott McFarlane, who not only planned the course, but got a flat tire in the whipping willows while clearing the flags from the course and had to ride it twice in the bitter cold, muddy conditions after the race.

Special thanks to the new Boulder Running Company located at Arapahoe, just west of I-25, Runners Roost, Colorado Runner Magazine and Great Harvest Bread. The raffle prizes were very popular!

# November 14, 2009 7.6-mile Race Results

PLACE	NAME	TIME	AGE
1	Omar Martinez	47:31	23
2	Martin Wesolowski	49:35	28
3	Michael Quispe	49:54	43
4	Keith Johnson	50:20	48
5	Tripp Hipple	51:30	27
6	Jeremy O'Farrell	51:32	33
7	David Rothenburger	52:24	41
8	Ondrej Hejduk	52:36	35
9	Alex Johnson	53:36	27
10	Dave Slingsby	54:41	40
11	<i>Laura Mortimer</i>	56:04	24
12	Dan Shaw	57:04	50
13	Larry Steller	57:29	42
14	Tim Noel	57:30	41
15	Jeff Young	58:04	53

16	Brett Allendorf	58:42	40
17	Bill Stahl	1:00:06	51
18	<i>Martha Hosotani</i>	1:00:29	26
19	<i>Monica Ryan</i>	1:00:46	48
20	Doug Perry	1:00:53	49
21	Lou Huie	1:01:48	63
22	Mark Koppa	1:02:14	35
23	Joe Benvegna	1:03:10	43
24	Vasiliy Fomenko	1:03:52	39
25	David Kelble	1:03:59	52
26	<i>Heather Biglow</i>	1:04:08	35
27	Kevin Smith	1:04:39	46
28	<i>Jane Harbert</i>	1:04:58	48
29	Cliff Jurgens	1:05:00	44
30	<i>Julie Fiore</i>	1:05:49	28
31	Wayne Stewart	1:05:57	63
32	David Hill	1:06:01	58

33	<i>Michelle Slingsby</i>	1:06:20	40
34	The B-Man (Jim Romero)	1:06:49	69
35	John Tilsch	1:07:26	27
36	Strider (Tom Chambers)	1:07:42	66
37	Tall Red (Ed Youngberg)	1:07:44	66
38	Tom Posey	1:08:21	34
39	Keith Nekre	1:08:45	50
40	Rick Stubbes	1:08:58	60
41	<i>Kathy Johnson</i>	1:09:12	48
42	Kool Shades (Ken Randall)	1:10:13	71
43	Toby Kinney	1:10:27	44
44	<i>Patricia Martinez</i>	1:10:50	18
45	Bill Faulkner	1:11:17	68
46	<i>Claradene Stewart</i>	1:11:50	60
47	Rich Martinez	1:13:05	62
48	<i>Martha</i>	1:16:05	42

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	Martinez		
49	Pat Tolleson	1:17:58	60
50	John Crowther	1:18:17	41
51	Richard Romero	1:19:23	73
52	Lee Bengston	1:20:15	72

53	Kyle Kogle	1:22:24	26
54	Natalie Burmingham	1:22:25	30
55	Samantha Martinez	1:23:57	21
56	Nancy Huntsman	1:24:43	46

57	Kenneth Green	1:30:20	80
58	Dave Black	2:00:00	58
<b>Racewalkers (5K)</b>			
1	Ian Monk	32:39	53
2	Nanette Benvegna	47:25	52

**Cherry Creek Lake 7.6 miler Age Group Awards can be found on the Web Site**

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Visit us on the web at [www.comastersrun.org](http://www.comastersrun.org)

## Upcoming Races

### **Aurora Sports Park XC Saturday, December 12 10:00 AM - Coal Creek Rodeo Arena, Aurora**



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Runners can choose to run 1, 2, or 3 laps of this challenging, sandy 4K (2 1/2 mile) loop. The course is mostly single and double-track trails and dirt roads that weave along creek bottom, through trees bordering the Aurora Sports Park soccer and softball complex. This beautiful open space is home to oodles of wildlife, including fox, mule deer, toads, hawks, and great horned owls.

**Directions:**

From I-70, take Airport Blvd south to 6th Avenue. Go east 2 miles on 6th Avenue to Coal Creek Rodeo Arena.

See the [Google Map](#) for directions. For information or to volunteer call Dan Shaw at 720-480-2370 or Rob Fisher at 303-363-2377.

### **Lake Arbor 5K Saturday, January 2 - 9 AM Lake Arbor**

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**Directions:**

Take I-70 to Wadsworth. Go north past 80th to the signal at Pomona Drive. Turn right (east) at Pomona Drive. Continue straight past the four-way stop until you see the lake. The race starts on the east side of the lake.

See the [Google Map](#) for details. For information or to volunteer call Ken Randall at 303-422-3745.

Once you are over the hill, you pick up speed



## PELICAN Update 12/09 ([Cahrnsbrak@yahoo.com](mailto:Cahrnsbrak@yahoo.com))

**Oops!** David Wise also completed the Pikes Peak Marathon, 5:44.

**9/16- Lakewood Series III, 6.8, BCP:** Hector Martinez, 44:37 (4); David Rothenburger, 46:39; Lindsay Krause, 47:25 (OA); Dave O'Sadnick, 47:28; Keith Johnson, 47:42; Kristin Moreau, 51:16 (2); Dennis Cisco, 53:38; Jim Romero, 59:43; Tom Chambers, 59:45; The Oak (Ross Westley), 109:26; Connie Ahrnsbrak, 110:23 & Lee Bengston, 112:03.

**9/19 – End of Watch 5K, Aurora:** Doug Tollin, 25:30 (2); Jerry O'Donnell, 26:16 (3); Fred Trentaz, 27:41; Penelope, 30:14 (2); Dave Banko, 30:25 & Rosalie Murch, 45:45 (1/Fitness Walk). **Zooma Half, Stapleton:** Penelope, 2:37 (2).

**Golden Gate Canyon, 12.7:** Kristen Moreau, 2:05 (OA/Master); Diane

Vanderhoven, 2:21 (1); Alan Johnson, 2:42 & Kool Shades (Ken Randall), 2:51 (1).

**Lead King Loop 25K, Marble:** Robert Kanieski, 3:01; The B-Man (Jim Romero), 3:25 (1); Pam Iyer, 3:42 & Roger Rybicka, 3:46. **12K:** Jack Barry, 1:22 (1). **Boulder Marathon:** Amy Lease, 4:34 (1). **Half:** Paul Welschinger, 1:47; Lou Huie, 2:00 (3) & Jerry O'Donnell, 2:15.

**Green Run XC 10K, Des Moines, IA:** Ken Simons, 65:28 (1).

**9/25- Fort-4-Fitness 4-Mile, Ft. Wayne, IN:** Connie Ahrnsbrak, 33:14 (1).

**Big Sur Trail, San Francisco:** The B-Man (Jim Romero), 2:25 (1). **Kimball Farmers 5-Mile, NE:** Amy Lease, 42:34 (1).

**9/26- Capitol 5K River Run, Lansing, MI:** Connie Ahrnsbrak, 25:39 (1). *A 67 year lady from Michigan took the Grand Master award with a 23:24.*

**Running of the Bulls 3.7, Estes Park:** Rich Martinez, 31:26 (2).

**9/28- Horizon 5K XC, Addenbrooke Park:** Oscar Ponce, 17:44 (OA); Annika Eberle, 25:26 (2); Spiderman (Scott McFarlane), 25:57; Rich Martinez, 25:57 (1); Tom Chambers, 27:33 (1); The Oak (Ross Westley), 28:28 (1) & Kim Massey, 28:54 (2).

**10/4- Red Rocks Scramble 5-Mile, Lyons:** Painted Horse (Jesse Tijerina), 37:32 (1); Jim Dizerega, 53:13 & Fay Dizerega, 57:19. **5K-** Pam Iyer, 23:10 (1); Roger Rybicka, 26:09 (1) & Jim Peterson, 30:16 (2).

**10/18- Denver Marathon:** David Rothenburger, 3:03 (3); \*Forest (Bob Caillouette), 3:12; Charles Scheibe, 4:18; John Perez, 4:41 & Patricia Tolleson, 4:55 (1). **Denver Half-** Jim Romero, 1:50:05 (2); Dani Phillips, 1:50:54 (2); David Wise, 1:59; Mark Hackett, 2:22; Kim Shenfeld, 3:08 & Leslie Woods, 3:16. *\*PR for Bob.*

**10/18 - Buffalo Creek 7.7, Pine Valley Ranch:** Keith Johnson, 53:37 (OA/Master); Trailman (Adam Feerst), 55:00; Kristin Moreau, 1:05 (2); Diane Vanderhoven, 1:11; Mean Ed Green, 1:14 (1); George Greco, 1:17 (2); Kool Shades, 1:20:24 (1); The Oak, 1:20:52 (2); Tall Red (Ed Youngberg), 1:25 (3). **The Other Half, Moab, UT:** Bob Basse, 1:41; Joe Baird, 2:38 & Joy Knipps, 3:08.

**10/18 - Wichita Mayor's 5K Challenge, KS:** R2G2 (Ray Grundmeyer), 25:22 (1).

**10/24- Human Run 10K, BRC Littleton:** Connie Ahrnsbrak, Hank Burkman; Tom Chambers, Annika Eberle; Stan Haskins, Mark Koppa, Rich Martinez, Kim Massey, Scott McFarlane, Jim & Marie Romero, Jay Trujillo, Mike & Chris Vanoni; Megan Vanoni & Espi Yen.

**10/25- Galloping Goose 5K, Quincy Rez:** Ken Simons, 29:09 (3). *This was 54 plus age grouping.*

**Racing w/Stars 5K, Westminster:** Karen Voss, 21:33; Painted Horse (Jesse Tijerina), 22:41; Nick Sterner, 23:37; The Oak, 25:03 (1) & Peter Szymanski, 29:31.

**10/31- Eerie Erie 10K-** Bruce Dahm, 45:52; Spiderman, 50:38; The Farmer (Bill Faulkner), 55:18; Connie Ahrnsbrak, 56:41 (2); Patricia Tolleson, 56:57 (3); J Gutierrez, 57:22 & Terry McFarlane, 1:07. **5K** – Taunya Wilson, 26:42 (1); Jill Sellars, 26:58; Jerry O'Donnell, 28:38; Jim Peterson, 29:35 (3); Kimberly Shenfeld, 38:16; Leslie Woods, 42:48 (1/W); Holly Dahm, 47:14; Laura McCoy, 59:12 (W) & Rosalie Murch, 60:00 (W).

**11/7- Twin Peaks XC, Longmont:** Painted Horse, 26:27 (2); Ken Simons, 34:54 (1) & Jim Peterson, 36:49 (2). **Littleton Stride 5K:** Espi Yen, 25:31 & Jack Barry, 26:05.

**11/8- Run for Fetal Hope 5K, WP:** Kevin McElroy, 19:28 (2); Dave O'Sadnick, 19:40 (1); George Greco, 23:37 (1); Polly Zimmerman, 26:20 (2); J Gutierrez, 28:10; Robert Ghomerly, 28:19 (3); \*Alexander Martinez, 29:51; Connie Ahrnsbrak, 29:52 (1); Kim Shenfeld, 42:59 & Leslie Woods, 44:21 \**Connie's grandson.*

**11/14-Wildcat Mountain Half, HLR:** Trail Man (Adam Feerst), 1:30 (2); The Oak, 2:20 (1); Espi Yen, 2:24 & Dani Phillips, 2:33.

**11/15- Panicking Poultry 5K, Boulder Rez:** Spiderman, 24:59 & Connie Ahrnsbrak, 28:23 (1).

**11/21- Brighton 5K Turkey:** Michael Quispe, 18:36 (1); David Rothenbruger, 19:00 (2); Esmeralda Martinez-Ramos, 19:10 (1); Bill Stahl, 21:26 (2); Painted Horse, 21:57 (2); Bruce Dahm, 22:06; Jay Trujillo, 23:41; Robert Telfaski, 24:07 (2); Roger Rybicka, 24:59 (2); Jack Barry, 25:14 (1); Bill Faulkner, 25:38 (3); Connie Ahrnsbrak, 26:53 (1); Pat Tolleson, 26:59 (1); Doug Tollin, 27:32; Ken Simons, 27:37 (2); Jim Peterson, 28:36 (3); Vici Dehaan, 34:17 (1); \*Deann Reaves, 31:12; \*Isaac Reaves, 42:04; \*Matthew Reaves, 42:04 & Rosalie Murch, 45:24 (3/W). \**The Ken Simons' family.*

**Pelican Feature: Stan the Man Hays** - still running strong at 80 years young. Three generations took part in the Denver Marathon Relay on October 18. Stan's son ran the first leg, grandson & granddaughter ran 2<sup>nd</sup> and 3<sup>rd</sup> legs, while Stan finished the last 7 miles in 1:11. Stan also ran the Outward Bound relay on September 11, running three legs for a total of 17.8 miles. His team finished in 25 hours. This past July these three generations participated in a Tri in Phoenix, AZ. Stan ran the 10K placing first.

Once you are over the hill, you pick up speed

## 2010 Colorado Masters Running / Racewalking Association Schedule

Registration begins 1 hour prior to and closes 10 minutes before the race time.

Race cost is \$10 for non-members with no charge for members.

There are no T-Shirts but there are drawings for door prizes as well as prizes for the top 3 male and female racewalkers and 5-year age groupings for runners.

The course for Racewalkers will be the same as that of the Runners for distances of up to 5 miles. If the running course is over 5 miles the Racewalker course will be 5 Kilometers. Racewalkers will begin 15 minutes earlier than the runners.

Date	DOW	Time	Location	Name	Director(s)
Jan 2	(Sat)	9 AM	<a href="#">Lake Arbor</a>	Lake Arbor 5K	Ken Randall
Feb 13	(Sat)	9 AM	<a href="#">Roadrunner Sports, Westminster</a>	Forty Furlongs (5M)	Jason Myers
Mar 20	(Sat)	9 AM	<a href="#">Platte River Bar &amp; Grill</a>	Spring Spree 10K	David Wise
Apr 17	(Sat)	8 AM	<a href="#">Bluffs Regional Park</a>	Bluffs Run (3 miles)	Dan Shaw
May 8	(Sat)	8 AM	<a href="#">Twin Lakes Park</a>	Memorial Run 5/10K (5K walk)	Kellie Steward / Cliff Jurgens
June 12	(Sat)	8:00 AM	<a href="#">Stapleton</a>	Sand Creek 5K / 5M	Rob Fisher / Dan Shaw
Jul 18	(Sun)	7:30 AM	<a href="#">Christies @ Genesee</a>	Mountain Madness 12K	Chris Stone / Jim Romero
Aug 11	(Wed)	6:30 PM	<a href="#">Fairmount Park, Golden</a>	Fairmount 5K Trail / Kids Run at 6:00 PM / Hot Dog Roast	Kristin Moreau
Aug 29	(Sun)	8 AM	<a href="#">Elk Meadow, Evergreen</a>	Elk Meadow Trail Race	Wayne Mathis
Sep 19	(Sun)	9 AM	<a href="#">Stone House Park, Lakewood</a>	Stone House (2x) Triple-Cross trail	Dave Black / Scott McFarlane
Oct 10	(Sun)	9 AM	<a href="#">Louisville</a>	Coal Creek XC Challenge 5.72M <b>(All racers must pre-register)</b>	Bruce Kirschner
Nov 13	(Sat)	9 AM	<a href="#">TBA</a>	Veterans run	Kim Massey / Scott McFarlane
Dec 11	(Sat)	10 AM	<a href="#">Aurora Sports Park</a>	 Aurora Sports Park XC 4/8/12K	Dan Shaw / Rob Fisher